

Wik'uuyám Heeta'

"Friend, Away from Here"

The Official Newsletter of the Cow Creek Band of Umpqua Tribe of Indians



Volume 28, Issue 12 December 2018

We will be known forever by the tracks that we leave.

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Schedules

Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

Office Closures

January -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July -- Independence Day

September -- Labor Day

October -- Columbus/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

Obituary: Adelaide Winnifred Mamerow

by George L. Mamerow

Winnifred (Winnie) Mamerow (nee Rainville) died from a general deterioration of body functions on August 25, 2018, at the age of 94. Winnie was born to Joseph Lee Rainville and Eula Rainville (maiden name ller) on October 2, 1923, in Canyonville, Oregon.

Winnie was a lifelong resident of Oregon until she reached the age of 93, at which time she moved to New Mexico to be cared for by her son and granddaughter.

Winnie graduated from Days Creek High School in 1941, and was a classmate of Sue Shaffer (former Tribal Chairwoman of the Cow Creek Band of Umpqua Tribe of Indians). Winnie was Senior Class President the year of her graduation. While in high school, she participated in volleyball and baseball all four years she attended Days Creek High.

It was during her high school years that she met the love of her life: George (Bud) Mamerow. Bud lived in Chicago, but went to Oregon every summer to stay with his uncle, Arthur Jennings of Drew, Oregon. Bud enlisted in the Army Air Force, and he and Winnie were married in Victoria, Texas, on August 4, 1942. During World War II, Winnie worked stateside while Bud flew 52 missions as a B-52 bomber pilot in Italy and North Africa. After the war, they settled down in Hillsboro, Oregon, and were together there until Bud's passing in 2008. Winnie worked in the Tax Assessor's Office of Washington County, Oregon, until her retirement on January 1, 1986.

Winnie was an affectionate wife and mother, and was loved by all who knew her. She enjoyed having her children and grandchildren together for family events, and would always give out a loving "Cluck, cluck, cluck," whenever they surrounded her. Her two favorite hobbies were quilting and playing bridge. She and Bud especially enjoyed the river cruises that the Tribe put on each year for the Tribal Elders.



Winnie Mamerow in her high school graduation photo

Winnie was preceded in death by her parents, Joseph Lee Rainville and Eula Rainville, her husband George Arthur Mamerow, her two brothers James and Garland Rainville, and her two sisters Della and Maybelle.

Winnie is survived by her children: George (Butch)
L. Mamerow, Claudia Rua, and Nancy Norwood.
Grandchildren: Tiffany Zimmerman, Geoff Mamerow,
Jordan Mamerow, and Trevor Porter.
Great grandchildren: Nick Dano and Shane Mamerow.

Winter Gathering 2018

On Friday, December 7th, many Tribal members attended the 2018 Winter Gathering at the Cow Creek Government Offices in Roseburg, Oregon, an event presented by a partnership between the Youth Activities Committee, the Cultural Program, and the Behavioral Health Department.

The event featured delicious food, photo opportunities with Santa Claus, cultural and holiday arts and crafts, cookie decorating, and an opportunity for Tribal children and youth to go through the "Elf's Mall." This fun activity had them earn "Santa Bucks" that allowed them to pick out and wrap gifts for their parents, then to return individually to pick out gifts for their siblings or for themselves.

The partnership that presented the event also coordinated with the Festival of Lights to allow Tribal members free access to the fantastic annual display of holiday lights.



The Winter Gathering was a great opportunity to spend time with other Tribal families



Tribal member Jennifer Bryant, Cultural Programs Assistant, demonstrates a basketry technique



Tribal members enjoyed soups, sandwiches, salads, cookies, hot chocolate, and more

Winter Gathering 2018, Continued



When not taking photos, Santa spent time among the attendees, handing out candy and toys



Darlene Chapman, Prevention Coordinator, helped Tribal Youth with arts and crafts, and had a Behavioral Health Display about preventing drug and alcohol abuse



Santa's Elves wrapped the gifts that they helped the Tribal children select for siblings and parents

Cow Creek Tribe Sponsors the 25th Annual Festival of Trees

The Seven Feathers Casino Resort once again had the honor of hosting the Mercy Foundation's annual Festival of Trees, now in its 25th year. Each year, trees are donated to the event, decorated according to a theme; they feature other items to add value, so that they may fetch a good price during the auction part of the event. This year's theme was "A New York City Christmas."

All of the funds generated during the auction support children's healthcare programs and services of the Mercy Foundation and other local partners, such as the Healthy Kids Outreach. In addition to the auction, the four-day event also features a Christmas party for foster children, a Senior Day, and a Healthy Family Christmas Vacation Family Day.

Since the first Festival of Trees 25 years ago, this annual event has generated over \$7 million for children and families who have difficult health challenges. The Cow Creek Band of Umpqua Tribe of Indians is proud to be one of the sponsors for such a meaningful cause.



"My Family Tree"







"Hoppy Holidays"

Cow Creek Tribe Sponsors the Festival of Trees for Another Year, Continued



"Girls Night Out in Las Vegas," donated by the Cow Creek Tribe



"The Stars Came Out for Christmas"

"Shine Bright Like a Diamond"

Emergency Preparedness

Getting Involved in Emergency Management and Preparedness

by Tracy DePew, Cow Creek Emergency Management Director

On November 3rd and 4th, the Cow Creek Band of Umpqua Tribe of Indians participated in drive through Flu Vaccine Clinics or "Points of Distribution" (POD's) at the Drain and Tri-City Fire Departments. Tracy DePew, Tribal Emergency Manager, assisted with planning and acted as the Safety Officer. Patrick Kollars, Staff RN in the Cow Creek Health & Wellness Clinic, was a Lead Vaccinator. The POD's delivered free flu vaccines to over 160 people of all age ranges.

The Clinics were conducted by Douglas Public Health Network to practice, being able to deliver medications on a large scale in non-clinical settings, and to identify best practices and challenges should a mass distribution of medications be needed for an outbreak or other public health emergency.

This activity, known as Medical Counter Measures, allows the Oregon Health Authority and local public health agencies to identify community partners that can be called upon to assist in distribution of medications in a large scale event, in addition to

helping protect the community from outbreaks of the flu. Last year 80,000 people died from the flu. Particularly vulnerable are Elders, young children, and those with underlying illness, but the disease can be transmitted easily to almost anyone.

This event demonstrated public-private partnership with multiple agency types and disciplines and allowed outreach to the community regarding general preparedness and its importance to maintaining resilient communities. In addition to Douglas Public Health Network, the Cow Creek Band of Umpqua Tribe of Indians, and the local fire departments, participation included the American Red Cross, Mercy Medical Center, the Douglas County Sherriff's Department, the UCC Nursing Program, Douglas County CERT, Bay Cities/Umpqua Valley Ambulance, and other volunteers. For those not yet vaccinated, the vaccine is available from Cow Creek Health and Wellness, local pharmacies and doctors' offices. Remember, wash your hands, cover your cough, and stay in when you're sick.



Tracy DePew, Emergency Management Director, and Patrick Kollars, Staff RN at Cow Creek Health & Wellness Center, at the drive through flu vaccine clinics

Blue Zones Project Corner

BLUE ZONES® POWER 9

By Juliete Palenshus, Blue Zones Project® Umpqua, Engagement Lead and Kelly Audiss, Cow Creek Health and Wellness Center, Health Educator

Focus on family

This busy holiday season, instead of getting swept away by all the hustle and bustle, take some time to down shift and recharge your batteries for the coming year. You can boost your well-being now and into the new year by slowing down and taking the time to eat nutritious foods, enjoy friends, reconnect with your spiritual side, make family a priority, and engage in activities that add a sense of purpose to your life. Residents living in the original Blue Zones areas share these common lifestyle habits called Power 9®—helping them live longer, healthier, happier lives.

Slow down, unwind, and de-stress

In our Western world, Americans are driven to do more and acquire more, and all of this takes up a lot of time. In fact, studies show that Americans who are employed full-time work an average of 43 hours per week and take the shortest paid vacations. When they do take time off, at least 20% of them stay in touch with the office by e-mail or cell phones.

Blue Zones® researchers found that people who have made it to 100 seem to have a secret. They're wise enough to realize that life's most precious moments will pass us by if we're too busy to notice them. Taking the time to appreciate life's simple pleasures is a powerful stress reliever, contributes to a happier outlook, and results in a greater sense of well-being.

The holidays offer us the perfect excuse to slow down and notice the simple things that give us joy – whether it's a brilliant sunset, a perfect snowflake, or a loved one's smile. This holiday season, create a peaceful sanctuary in time by cutting back on the noise and commotion of everyday life. Shut down the computer, put away the homework, and focus on relaxing with the ones you love.

As one Blue Zones' centenarian so aptly put it, "Life is short. Don't run so fast you miss it."

The Top 5 Ways to help keep you smiling through the holidays

- 1. <u>Take time to unwind</u>. The holidays can be stressful. Set aside time to relax with your loved ones, and make sure you also have some quiet time to yourself.
- 2. <u>Keep moving.</u> Keep moving during the holidays to relieve stress and maintain a healthier lifestyle. Find ways to move your body more throughout the day. Take regular walks with friends and family or enroll in a yoga class to relieve stress.
- 3. <u>Don't try to lose weight or stick to a restrictive diet this holiday season</u>. If you enjoy your favorite foods in smaller portions with healthy options in between, you'll feel satisfied, not deprived. Think "hara hachi bu" and stop eating when you're 80% full. Remember to drink plenty of water as well.
- 4. <u>Drink a healthy beverage with friends</u>. Socializing with friends during the holidays will help to keep your spirits bright.
- 5. <u>Laugh more</u>. Laughing burns calories, reduces stress, and means you are enjoying the company of your loved ones during the holidays.



Laugh and enjoy time with loved ones this season

Messages from the Clinic

Diabetes and Your Eyes

The longer you have diabetes, the more likely you are to develop diabetic eye disease. Diabetic eye disease refers to a group of eye problems that a person with diabetes may face, as a complication of the disease. All of them can cause vision impairment and lead to blindness

Diabetic eye disease includes:

- <u>Diabetic retinopathy</u>: This is the most common diabetic eye disease. It damages blood vessels in the retina, a layer of nerve cells in the back of your eye which send signals to your brain so you can see.
- <u>Glaucoma</u>: This disease increases fluid pressure inside the eye, causing damage to the optic nerve essential for vision. Diabetics are 40% more likely to develop glaucoma than those without it.
- <u>Cataracts</u>: This condition causes clouding of the lens in the eye, making vision blurry. Diabetics have a 60% higher chance of getting cataracts, and the condition happens at a younger age and progresses faster in diabetics than in others.

Statistics from the Diabetes Council show us that Native Americans and Alaskan Natives have a much higher rate of diabetes when compared to other race and ethnicity groups.

Focus on this - the good news:

Luckily, some things can help you to keep your eyes healthy for longer! Here are some steps you can take to help prevent diabetic eye disease—or keep it from getting worse if you already have it.

- 1. Manage your diabetes "ABCs." A is for the A1C test, which shows your average blood sugar level over the past three months. B is for blood pressure. C is for cholesterol. Ask your doctor for your healthy targets, to protect your vision.
- 2. Get regular eye checkups. Often there are no warning signs in the early stages of diabetic eye disease. Protect your eyes with a full, dilated eye exam at least once a year. This can help find and treat or even prevent eye problems early.

- 3. <u>Put the "ex" before smoker</u>. Smoking raises your risk of diabetes-related eye problems. Ask your doctor for help quitting. The Cow Creek Health & Wellness Center can help through your primary care provider and behavioral health therapists.
- 4. Watch for red flags. Timely treatment is best for eye disease that has already developed. Tell your eye doctor if you have any of the following symptoms: Blurry or wavy vision, frequently changing vision (sometimes from day to day), dark areas or vision loss, poor color vision, spots or dark strings (also called floaters), or flashes of light.

What can you do?

<u>Find Out</u> - No matter your age, find out if you have or are prone to diabetes. See your primary care provider and ask them to check for it. Even if you do not have a family history of this disease, it does not hurt to find out for sure; Type 2 diabetes is easy to detect during routine screenings and blood tests.

Stay Informed and Active – Diabetes causes severe health problems in other areas of the body too; the kidneys, heart, feet and brain are all at risk for developing complications related to the disease as well. This area of medicine is constantly changing and affects a large number of people within the American population. The more you know about this disease, the more you can do to take control of your health. Ask your primary health provider about exercise, safe foods, and medicines available to you.

<u>Take Action</u> - If you have diabetes, Cow Creek Health & Wellness has a number of services to offer you.

 Primary Care Providers that are well versed with diabetes care in both the Roseburg and Canyonville Clinics. They can offer you outside referrals and Care Coordination with specialists, if necessary, to assure that you are getting the care you need.

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Messages from the Clinic

Diabetes and Your Eyes, Continued

- Pediatricians, coordinating with OHSU for juvenile diabetes care, are available to you in the Canyonville Clinic.
- Registered Dieticians and a Diabetes
 Educator are available to you in the Roseburg
 and Canyonville Clinics and offer these
 additional services:
 - o The award-winning Special Diabetes Program for Indians (SPDI)
 - o Complete Health Improvement Program (CHIP)
 - o One-on-one nutrition advice
 - o Cooking demonstrations
- Eye examinations, made possible by utilizing teleophthalmology and through our partnership with the Joslin Vision Network (JVN). This specialty service is available to you at the Canyonville Clinic.

- Advanced Population Health tools are available to help you work with your providers to get the best treatment outcomes possible for you.
- Direct and secure communication with your provider team is available to you at any time, thanks to our new Patient Portal messaging tool. It is easy, free and remarkable.

Call Cow Creek Health & Wellness to become a new patient or to schedule a follow-up appointment if you are a current patient. Both clinics are open 8 AM to 5 PM, Monday through Friday and offer four primary care teams; two dedicated teams per clinic. Same day appointments and Cow Creek Tribal member preference appointments are available to our patients as well as a 24/7 after-hours nurse call line.

Please call 541.677.8355 or use your Patient Portal account to request an appointment.

Health Advisory Council Vacancies

The Health Advisory Council is the Tribal voice when it comes to the health and wellness of the Tribe, and gives valuable feedback to Health Operations Officer for the Cow Creek Band of Umpqua Tribe of Indians. Members of the Tribal Health Advisory Council have the following duties:

- To review and make recommendations over existing Health and Wellness Center policies and procedures
- To review programs and services performed by the Wellness Center annually, in accordance with the goals and priorities
- Will meet at least quarterly over the calendar year, depending on the necessity volume of programs, to be updated on current events.
 There is a small stipend for attending a meeting.
 There is a telecommute option for standing meetings if you are unable to meet in person.

We currently have an opening for two positions on the Tribal Heath Advisory Committee:

- 1. One Tribal member who resides outside the Tribal Service Area
- 2. One at large Tribal member (meaning a genuine Tribal individual who wants to be involved)

If you are interested in a position on the Tribal Health Advisory Council, please send your letter of interest to Sharon Stanphill at sstanphill@cowcreek.com. You can also call 541-672-8533 and ask for the Executive Administrative Assistant if you have questions concerning the open positions, or want more information about the role of the Tribal Health Advisory Council.

Culture Corner

Taltál - The Transformer (A Traditional Takelma Story), Part 4

Part 4 - The Blind Old Women, Causing Trouble, How Deer Sinew Came to Be, and Why You Should Always Say or Sing Taltálwaya when Fishing for Crawdads

Ah! Now they heard something, "t'ut, t'ut, t'ut." "Ah! Big-nosed Taltál!" said the younger brother and went on top of the house.

Now he looked down; two old women without eyes, blind, were pounding tar-weed seeds, and were facing each other. Now, it is said, Taltál's younger brother stole the old women's food while he was on top of the house.

"How did you eat it all up?" said one old woman. "How so? Perhaps it was you that ate it up," they said to each other.

Little Brother tied the old women's long hair together above them and they quarreled with each other.

"New your are fighting me." they said to each other.

"Now you are fighting me," they said to each other. They each took hold of the other's long hair; they quarreled and jumped at each other. From on top of the house little brother laughed at them.

The old women heard him, "Big-nosed Taltál! So it was you that did it?" they said.

"O yes! So my aunts are without eyes, are they?" Then he went inside looking for a scouring-rush, he found one and into the fire he put its point. Then into their eyes he placed its point. Pop!
"Now I have provided you with eyes," he said.

They continued on their way up river. They wrestled with oaks bearing white acorns, they wrestled oaks bearing black acorns, they wrestled with firs, and they wrestled with the tc!āsap' berry bushes and they broke them in two. They became stronger.

Now again they found a house. "A! Big-nosed Taltál! Put on style!" He went inside; the house was full of sinew all tied together. He roasted it. Ashes popped all about. In that way, as it seemed, he (the man turns into sinew) wants to kill people.

"Ah! What are you doing?" he said. He almost burned him.

12 "O elder brother!" "Eh! Do you think that you

are going to keep this house? Deer's sinew you will always be called; feathers will be tied onto arrow, whenever people make arrows they shall be tied with sinew" he said to him. Now he had made it.

They continued on their way. They wrestled with oaks bearing white acorns, they wrestled oaks bearing black acorns, they wrestled with firs, and they wrestled with the tc!āsap' berry bushes and they broke them in two. They became stronger.

Now again they arrived at a house, but there was no person there. There was salmon being roasted by the fire.

"Ah! Big-nosed Taltál! Put on style! I'm going to eat my salmon."

There was no person there; there was just a salmon-spear shaft in the house, with the spear-point at its point. He took the salmon and ate it. "How is it that there are no people, but just a salmon spear-shaft in the house with a spear-point at its point?"

Now the salmon-spear shaft fought with him. So it was that one who indeed kept the house. Now again the salmon-spear shaft had almost killed him. "O elder brother!"

"Eh! Why didn't you leave it alone?" He took the salmon-spear shaft and broke it in two.

"Do you think that you are going to keep this house? People will make you salmon-spear shafts, and the people will spear salmon with them. So you are not going to keep the house," he said to him.

Now again they continued on their way. They wrestled with oaks bearing white acorns, they wrestled oaks bearing black acorns, they wrestled with firs, and they wrestled with the tc!āsap' berry bushes and they broke them in two. They became stronger.

Then they came upon 10 houses. In one house there was smoke, one house—smoke was coming up out of one house. They looked inside, but there was no person, just household implements. Now

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Culture Corner

Taltál - the Transformer, Part 4, Continued

they looked into another house, but there was no person, just household implements. Now they looked into another house, but there was no person, just household implements. Then, they arrived at a house where there was one old woman and one little girl. "Ah! Go and get water, I am thirsty. Go and get water," younger Taltál said.

"There is some evil being in the water," said the old woman.

"Go quickly and get water, I am thirsty."

"There is some evil being in the water," said the old woman.

"There I shall run," said the little girl.

"In that case you will cry, you will cry!" she said. The little girl went for water, dipped up the water. Now she was captured. "Wah!, wah!," she cried. "O yes!" said Taltál and ran to the river.

"What is it? Ah! Go and get a basket-bucket, go and get a basket-bucket quickly, quickly! Taldálwaya, taldálwaya, taldálwaya! you will always say!" He himself, did name himself. "That you will always say. Always say taldálwaya, taldálwaya, taldálwaya!" he said to the little girl. Then back to the house he returned with her. Then they boiled the Crawfish and they ate.

They continued on their way, and arrived down river from another house. Then, he and his younger brother talked.

"Across from here I shall go to the elder one, but you go to the younger one. With those two we are to wrestle," he said.

Possible Lessons in this story:

- 1. "Playing" with people, just joking around, can cause trouble.
- 2. That "scouring-rush" can help improve vision.
- 3. That deer sinew is used to tie feathers onto arrows.
- 4. Why "taldálwaya, taldálwaya!" is always spoken or sung when gathering crawdads.

What life lessons do you find in this part of the story?

Part 5, coming in January: "The Wicked Person," the salmon as food, what fighting does, why coyote eats the food he eats now, and how the morning star and evening star came to be.

For Part 3, see the November 2018 newsletter.

Sukuníthkh (My Basket) Tools

Yeexí (bone awl): In twined basketry, the yeexí is used only for pushing the stitches closer together. Among skilled weavers, hands and teeth do the major work here.

Bone needle: Used in basketry for sewing sinew or fine thread around baskets.

Wayawa'iistèmk'kw (knife blade): This is used to scrape the root, but you may enjoy trying the traditional t'áakh (mussel) shell.

Bowl or large tub: The usual large bowl for soaking materials is required.



A traditionally styled bone awl

Culture Corner

Traditional Body Armor

Traditional body armor that was used to protect the warriors was made with two elk hides overlapping each other, sown together, with a chest plate in between the hides.

This body armor also tells a story while looking at it. All the pitted places in the armor show you how many times that warrior was hit with arrows and lived to tell the story of bravery and survival.

You would also see different paintings on this armor that can tell you how many wars they have battled and what Tribe they belong to.

Ko k'wàl (Fir Tree Pitch)

The xo k'wál was the original super glue. The pitch was collected and mixed with charcoal to make a glue that was used in making tools. To make an arrow, a straightened piece of arrow wood would have a notch made into one end. A projectile point would be tied into the groove with sinew. The glue would be heated and dripped on wood and the projectile point to secure the stone tip. The same would be done when making spears out of yew wood and sharpened bone to secure them together. The men would carry a repair kit that contained sinew and xo k'wál so they could repair damaged tools.



Fir tree with plenty of pitch

Stone Bowls

There have been two types of stone bowls found within southwest Oregon: mortars used for grinding food, and a smaller, lighter bowl that is believed to have a completely different function.

These smaller bowls, normally made from a light rock such as soapstone or even from ceramics, is thought to be a sort of ceremonial bowl. It is believed that these types of bowls were used in the preparation of medicines or during ceremonies; hence the name.

Many of these bowls have been found in rock shelters. It was there where ground red ochre or cinnabar powder was mixed with fat and water and used to create a red pigment for making rock art.



Examples of the two types of bowls

Calling all Cultural Art Vendors!

Do you make a cultural art? The Cultural Program is looking for Tribal members who have cultural arts to sell at the 2019 Cow Creek Cultural Conference on February 13, 2019 at the Seven Feathers Convention Center. Tribal members may host a cultural arts vendor table at no charge!



Please RSVP by January 7, 2019. Contact Jennifer Bryant for more information, and reserve your spot, at 541-677-5585 or email jbryant@ cowcreek.com.



2019 Cow Creek Cultural Conference

February 13, 2019

The Cow Creek Cultural Program is excited to host the 4th annual Cow Creek Cultural Conference! Please join us for informational presentations, cultural education, traditional music, good food, fun raffle items and so much more!

The conference is now open to all community partners. We look forward to seeing guests from federal, state, and local governments, teachers, administrative staff, and community members.

Registration Information:

\$50 for conference

**Free for Tribal Members and employees

Lunch and refreshments provided

RSVP DEADLINE: FEBRUARY 1, 2019

Location: Seven Feathers Convention Center

146 Chief Miwaleta Lane, Canyonville OR 97417

Date: Wednesday, February 13, 2019

Time: 8:00AM-4:00PM

To register for the event, visit Eventbrite.com at https://www.eventbrite.com/e/2019-cow-creek-cultural-conference-tickets-52508507359

For more information contact Cultural Program at 541-677-5575 or email: ibrvant@cowcreek.com

Government and Programs

Tribal Board to Travel to Washington

The Tribal Board will be traveling to Washington for the annual informational meetings in March 2019.

The first meeting will be held from 6 - 8 PM in Kelso, Washington, in the Oak/Douglas Room at the Red Lion Hotel &



Each year, the Tribal Board travels to Washington to speak to Tribal members

Conference Center (510 Kelso Drive, Kelso, WA 98626) on Friday, March 8, 2019.

The second meeting will be held from 1 - 3 PM in Port Angeles, Washington, in the Juan de Fuca Room at the Red Lion Hotel (221 North Lincoln Street, Port Angeles, WA 98362) on Saturday, March 9, 2019.

2018 Youth Program Requests Due

All Youth Education Program Requests for 2018 are due by 5 PM on Thursday, December 20th. You can email all materials to: tbrady@cowcreek.com, fax them to 541-677-5574, or mail it to Attn: Tracey Brady, Cow Creek Band of Umpqua Tribe of Indians, 2371 Ne Stephens St., Ste. 100, Roseburg, OR 97470.

When turning in materials, please make sure to include all relevant receipts. Application materials are available on our website at: www.cowcreekeducation.com/educational-programs/#education-services.

Scroll to the Youth Education Program section and then download and fill out both the Youth Education Program Application and the Youth Education Program Request for Services. If you have already requested reimbursement this year, you only need to fill out additional requests for services by stopping by our office to pick up hard copies or by emailing tbrady@cowcreek.com. If you have any questions, contact Tracey Brady 541-677-5575.

Cow Creek Education Department Looking for Artists

Artist! This is a chance to have your artwork featured in educational materials for students in the 4th grade throughout Douglas County. Cow Creek Education Department is seeking an artists who is skilled in creating original artwork for the Tribal curriculum being introduced to the 4th grade students in our local schools.

We are in need of some pencil and/or pen and ink drawings of traditional food gathering activities like camas root and huckleberry harvesting. We are also seeking artistic renditions of traditional Cow Creek living either in our summer or winter homes. The artist selected will have the opportunity to work with the Cultural Program in developing culturally and historically accurate renditions for the curriculum. There will be approximately three different original drawings needed for the project.

Interested artists should be prepared to share some of their past work to the selection committee. Artists should contact Sandy Henry (541) 677-5575 for more details on this exciting project.

UTrans Bus Passes

The Tribal Bus Pass Program offers free monthly UTrans bus passes for Tribal Adults, Tribal Students (aged 6-18), and Elders/Disabled/Veterans. These passes are refreshed every month and are on a first-come, first serve basis, as there are a limited amount of passes available.

For more information, or to find services/supports in your area, please contact Sarah Thompson, Resident & Self-Sufficiency Manager at 541-677-5575 or SThompson@cowcreek.com.

Government and Programs

Repair Assistance Program

Tribal members who already own a home and need to make repairs may apply for the Repair Assistance (RA) program. The RA program provides up to \$5,000.00 in Tribally-funded grant money which may be used toward necessary home repairs. Repair Grant (IHBG) and is administered by the Tribe. Assistance funds may not be used for cosmetic improvements or elective remodeling. Repair Assistance is also available to Tribal members within the US and isn't based on income level.

Tribal members may use up to \$5,000.00 for DPA and/or RA every 10 years, as long as the Tribal member remains in good standing with the Housing Department.

The Housing Department also has a repair assistance program specifically for low-income families living within the seven-county service area. Low-income grant funds come from our Federal Indian Housing Block Grant and provide up to \$5,000.00 toward the purchase of a home and/or making necessary home repairs. A total of \$5,000.00 in low-income RA and Down Payment Assistance funds may only be used once in a lifetime. Income levels used to determine eligibility for this program are based on geographic location, family size, and total household income.

For more information, contact Justin Mathison, Housing Director, at 541-677-5575 or JMathison@ cowcreek.com. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click on "Login" at the top.

Low Income Rental Housing

The Cow Creek Housing Program is accepting applications for the Tribe's low-income rental homes. This program is federally funded through the Housing and Urban Development (HUD) Indian Housing Block

Tribal rental housing is available to eligible lowincome Tribal members. Rent for Tribal housing is no more than 30% of the total gross household income. Maximum rents are set for each house size: Current maximum rents are \$700/month for a two-bedroom, \$800/month for a three-bedroom, and \$900/month for a four-bedroom. Maximum rent amounts are reviewed annually.

Eligible applicants are approved by the Housing Review Board and placed on a Waiting List. Priority is given to families with the greatest needs in relation to family size, age, disabilities, etc. Applicants on the Waiting List must update their application every six months or risk being removed from the list. The current wait for a home is approximately six months; we encourage any interested families to apply as soon as possible to get on the Waiting List.

For more information, contact our Resident & Self-Sufficiency Manager, Sarah Thompson at 541-863-3730 or SThompson@cowcreek.com. You may also contact the Housing Admin Assistant, Amy Holmgren, at AHolmgren@cowcreek.com or at the number above. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top.

Low-Income Heating and Energy Assistance Program

The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) has received it's funding for the 2018-2019 Program Year. On December 1st, the LIHEAP Program will open up for all eligible Tribal Households. Please remember this program is on a first-come, first-serve basis, and is dependent on funding available for providing assistance once per year to Tribal Members living in the seven county service area who meet the qualifications on income and status. Resource and referral information can also be provided. If you live outside of the seven county service area and are in need of energy assistance, we may be able to help. For more information, contact Sarah Thompson, Resident & Self-Sufficiency Manager, 17 at 541-677-5575 or SThompson@cowcreek.com.

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Senior Meal Water Aerobics	5	6 Senior Meal Water Aerobics	7 Elders Monthly Luncheon 12 PM @ 7F	8
		Food Bank Open 9 AM - 11 AM		Takelma Classes	Winter Gathering 5:30 - 8:30 PM @GO	
9	10	11 Senior Meal Water Aerobics	12	13 Senior Meal Water Aerobics (LAST CLASS) Takelma Classes	14	15
16	17	18 Senior Meal Water Aerobics Food Bank Open 2 PM - 4 AM	19	20 Senior Meal Takelma Classes YEP Requests Due by 5 PM	21 GO Closing Early at 1 PM	22
23	24 GO Closed for Christmas	25 GO Closed for Christmas No Senior Meals Today	26 GO Closed for Christmas	27 No Senior Meals Today Takelma Classes	28	29
30	31 GO Closed for New Years Day					

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

Round Circle Reading Group: 10-10:45 @TCC

Water Aerobics: 9 - 9:45 AM @ Seven Feathers RV Resort

GO: Government Offices, Roseburg, OR

TCC: Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

7F: Seven Feathers Casino Resort

BH: Block House, Canyonville

For any questions regarding activities, please call the Government Offices at 541-672-9405.

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal GO Closed for New Years Day	2	3 Senior Meal Takelma Classes	4 Elders Monthly Luncheon 12 PM @ 7F	5
6	7	8 Senior Meal Food Bank Open 9 AM - 11 AM	9	10 Senior Meal Takelma Classes	11	12
13	14	15 Senior Meal	16	17 Senior Meal Takelma Classes	18	19
20	21 GO Closed for Martin Luther King Day	22 Senior Meal Food Bank Open 2 PM - 4 AM	23	24 Senior Meals Takelma Classes	25	26
27	28	29 Senior Meal	30	31 Senior Meal		

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

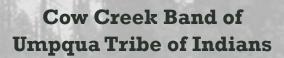
Round Circle Reading Group: 10-10:45 @TCC

GO: Government Offices, Roseburg, OR

TCC: Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

7F: Seven Feathers Casino Resort **BH**: Block House, Canyonville

For any questions regarding activities, please call the Government Offices at 541-672-9405.



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